Do Now

• When is a moment that you believe you have been stressed out, and what were your physical symptoms?
  • Three Sentences
Stress and Your Body
Firstly, Is Stress Always A Bad Thing

• If you say that it is, why or why not?
• If you say that it isn’t, why or why not?
• Remember each person responds to stress differently. There are some universal signals however of true stress.
Signs of Stress

• [https://www.youtube.com/watch?v=bc4ZN1k_rAs](https://www.youtube.com/watch?v=bc4ZN1k_rAs)

• Have you experienced any of these when you thought you were stressed? - 1 Sentence

• What were they? - 1 Sentence

• How bad do you think stress can get? – 2 Sentences
Constant Stress

• [https://www.youtube.com/watch?v=WuyPuH9ojCE](https://www.youtube.com/watch?v=WuyPuH9ojCE)

• What happens when your body is “stressed” for a long period of time?

• What is it like for you to be stressed for a long period of time?
  • 2 Sentences